

# Daily School Schedule – At Home



**AB Education Guidelines** (Teachers will assign an average of **five hours** of work per student per week.)

*Kindergarten – Grade 3:* focus on literacy and numeracy outcomes

*Grades 4 – 6:* focus on literacy and numeracy outcomes with opportunity to incorporate science and social studies

Create a daily schedule with your child that suits your home supports and needs.

By providing a daily schedule your child will become more focused, confident, and independent of their own day.

Times	Descriptions of Daily Work
Before 9:00 am	<b>Wake Up:</b> get dressed, make your bed, eat breakfast, and brush your teeth. This routine will prevent you from getting into early summer mode.
9:00 am – 9:15 am	<b>Daily Prayer</b> – choose a prayer to begin your day (Lords Prayer, Hail Mary, or others) - <a href="https://www.catholicity.com/prayer/prayers.html">https://www.catholicity.com/prayer/prayers.html</a> - online prayers - Begin a Prayer Journal: write a small prayer to God each day about people in your lives
<b>Literacy</b> 9:15 am – 9:45 am	<b>Language Arts</b> - Follow the directions and material provided by your teacher for the week
<b>Numeracy</b> 9:45 am – 10:15 am	<b>Mathematics</b> - Follow the directions and material provided by your teacher for the week
10:15 am – 10:45 am	<b>Movement Break/RECESS</b> – get your body moving to help energize your heart and brain - YouTube videos: Cosmic Kids, Koo Koo Kanga Roo, volleyball with a balloon, ping pong on a table, etc.
10:45 am - 11:15 am	<b>Creative Time</b> – allow time for your child to PLAY and CREATE with materials around the house - Lego challenge, Playdoh, Dancing, Singing, Playing, Crafts, Painting, Making Bracelets, Puzzles, etc.
11:15 am – 11:45 am	<b>Quiet Time</b> – time to work quietly at a table (read a book/magazine, draw, color, play cards – solitaire). Try to limit screen time of TV and the computer.
11:45 am – 12:00 pm	<b>Movement Break/RECESS</b> – go for a walk outside and talk about what you can help to make for lunch - similar exercises above to help get your body ready for food energy
12:00 pm – 12:45 pm	<b>Lunch Time</b> – help your older brother/sister or parent to make lunch. Take time to talk.
12:45 pm – 1:45 pm	<b>Tech Time – EDUCATIONAL</b> - access school online resources that support Literacy and Numeracy (SuccessMaker, Math Prodigy, etc.) - Multiplication Fact Games <a href="https://www.multiplication.com/games/all-games">https://www.multiplication.com/games/all-games</a> - SuccessMaker <a href="http://success.pearsoncanada.ca">http://success.pearsoncanada.ca</a>
1:45 pm – 2:45 pm	<b>Creative Time – EDUCATIONAL</b> YouTube Bill Nye, Scholastics, National Geographic for Kids, etc...and watch a couple of videos. Practice your guitar, piano, ukulele...any instrument (search YouTube for songs)
2:45 pm – 3:45 pm	<b>Card Game(s):</b> learn card games with your brother/sister or parent – Keep track of your games/results - <a href="https://frugalfun4boys.com/card-games-for-kids-families/">https://frugalfun4boys.com/card-games-for-kids-families/</a>
3:45 pm – 4:15 pm	<b>HELP Support Your Parents:</b> It is important for students to recognize that parents may not be able to support their child with work during the day or after work hours. Time to pitch in as a TEAM. - Daily suggestions: organize rooms, vacuum, sweep, empty dishwasher...ask parents how you can help.
4:15 pm – Bed Time	<b>NORMAL Evening Time</b> – play a video game, watch TV show of your choice, family walk, play in park, etc.

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1:45 pm – 2:45 pm	
2:45 pm – 3:45 pm	
3:45 pm – 4:15 pm	
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